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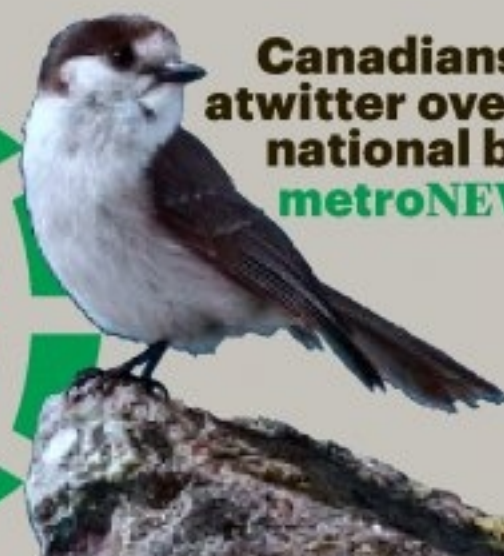
talk  
about **fresh  
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Check out this week's Fresh Solution,  
Steak Fajitas, on pages 4 and 5.

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# Edmonton metro



**Canadians all  
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**metroNEWS**

Your essential daily news | WEEKEND, NOVEMBER 18-20, 2016

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DEAN BENNETT/THE CANADIAN PRESS

**Former Alberta  
Tory leadership  
candidate  
crosses  
floor to NDP**  
**metroNEWS**

## JANSEN JUMPS SHIP

### ROGERS PLACE ARENA



### NEW GUEST ON BOYLE STREET

Some of the city's  
less fortunate are  
afraid of it; others  
are giving it  
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# Jansen chilled by right shift

## POLITICS

### Policy meeting concerned ex-Tory about party direction

Alberta Progressive Conservative member Sandra Jansen crossed the floor to the governing NDP on Thursday, saying the moderate party she once knew is moving to embrace a far-right ideology.

"I need to be true to the values of my constituents and my own values," Jansen told reporters at the legislature, standing beside Premier Rachel Notley at a news conference. "So I'm supporting a party now that believes in those values, too."

Jansen, a two-term MLA for Calgary North West, has been a longtime champion of equality issues, such as allowing gay-straight alliances in schools.

She quit the PC leadership race earlier this month, saying online and in-person abuse from supporters of another leadership candidate became intolerable.

"The dog-whistle politics that I heard at the PC policy conference (earlier this month) were chilling to me: eroding public education, taking away women's reproductive rights and trying to out gay kids in schools," said Jansen. "That is not my Alberta."

She said under former PC premier Peter Lougheed, the party championed progressivism.

"To see that legacy being kicked to the curb by extremists who are taking over the PC party has been heartbreaking,"



Sandra Jansen and Rachel Notley announce Jansen's decision to leave the PC Party and join the NDP on Thursday. ALEX BOYD/METRO

she said.

Notley said Jansen is a good fit. "We share some very important values and priorities that serve Alberta well in government," said Notley.

It's the first time in Alberta history an MLA has crossed the floor to join the NDP.

Jansen has never addressed by name those she believes to be extremist, but has been critical of PC leadership candidate Jason

Kenney.

She has suggested he is bringing "Trump-style politics" to Al-

berta from Ottawa. Earlier this year, she promised to quit the party should he become leader. Kenney is a former Calgary

**"I need to be true to the values of my constituents and my own values. Sandra Jansen**

Conservative MP under former prime minister Stephen Harper. He has said abuse of any public

should he win, will be to put to the membership a vote to merge the PCs with the socially and fiscally conservative Wildrose party.

In a statement, Kenney wished Jansen well but urged her to let voters ratify her decision, given the policy differences between the PCs and the NDP.

"Ms. Jansen owes it to those constituents to let them decide in a byelection whether

they should be represented by someone voting for higher taxes, including the carbon tax, as a member of the NDP government," said Kenney.

The party's interim leader, Ric McIver, said he learned of Jansen's departure in a tweet from media shortly before the announcement.

"It's a disappointment, I don't mind telling you," said McIver. "We'd be better off with Sandra on our team, but she's chosen a different path."

McIver and PC party president Katherine O'Neill dismissed suggestions the party is leaving the political centre.

"We haven't moved," said McIver.

The party has been investigating Jansen's harassment allegations, and O'Neill said that will continue despite her departure.

The party is also investigating complaints made against Kenney's team after he showed up at a delegate selection meeting in south Edmonton on Wednesday. A candidate cannot be nearby when delegates are picked, but Kenney has said the rules are not clear.

The PCs pick a new leader in a delegated convention March 18. Jansen was one of two leadership candidates who quit the race this month. The other, former Calgary PC legislature member Donna Kennedy-Glans, has said she, too, is concerned the party is pushing away moderates.

But Kennedy-Glans went on Twitter Thursday to write: "No risk that this fiscal conservative will be joining the Alberta NDP any time soon!"

THE CANADIAN PRESS

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## WOMEN IN POWER: BULLYING IN ALBERTA

Minister Stephanie McLean says the first Ministry for the Status of Women is helping address issues that affect all Albertans. KEVIN TUONG/FOR METRO



# How women are driving change

### EQUALITY

**Despite abuse, there is also plenty of hope**



**Alex Boyd**  
Metro | Edmonton

When Status of Women Minister Stephanie McLean discovered she was pregnant last fall, a Google search saw her realize she would be the first Alberta MLA to give birth while in the job.

For McLean, the realization was not only she was going to be a mother — but that she was going to become a walking billboard for the progress of women in the province, while also heading a ministry created to champion that very cause.

“Not for a second did I think my most public act in office would be to have a child,” McLean said, sitting in her legislature office, her nine-month-old son Patrick chattering away in his crib in the corner opposite her desk.

For the past two days, this series has documented the struggles of being a woman politician in Alberta in 2016 — from death and rape threats to a near-constant stream of online “filth,” as one politician put it.

Yesterday, those struggles came to a head as former PC Party leadership candidate Sandra Jansen crossed the floor to the NDP, citing the abuse she faced

at the recent convention as one of her reasons.

But women say the situation is changing for the better, too. The 2015 election of a record-setting number of women in government has seen a very public shift in the provincial conversation on everything from working hours to work-life balance to women’s rights.

For every instance of abuse, women leaders Metro talked to say they get many more messages of solidarity.

St. Albert MLA Marie Renaud points to the hallway that connects the Federal Building and the legislature, called Member’s Way, where pictures of different legislatures over the years hang.

She says it’s a place that makes you think.

“It’s like walking through time a little bit,” Renaud said. “There were two (women) elected in 1917, and there are women here and there that dot the group, but it’s really fascinating how the numbers have shifted through the years.”

Though Alberta’s “Famous Five” women were pioneers in winning legal recognition of women as “persons” in Canadian common law in 1929, the province has not exactly led others on women’s rights in more recent times.

When Rachel Notley became premier of Alberta in 2015, one

of the first things she and her new government did was create the status of women ministry that McLean now heads — making Alberta the last province in Canada to create such a ministry.

For McLean, getting with the times in Alberta shows the new direction at the legislature when it comes to women’s issues and willingness to tackle broader issues, like domestic violence — Alberta has the country’s third highest rate of reported spousal violence — or the gender pay gap.

That she’s also publicly leading while raising a young baby is something of the icing on the cake.

“I’ve heard from a lot of women who say that they feel it was empowering to them, it



**Not for a second did I think my most public act in office would be to have a child.**

Minister Stephanie McLean

started conversations in their own home about domestic duties and roles,” she said. “Just the fact that it spurred people to have that conversation on their couches in front of their TV sets makes me feel really good.”

The shift in demographic is also changing the topics of discussion in the legislature.

Last year, Lethbridge-East MLA Maria Fitzpatrick brought colleagues to tears as she recounted surviving domestic abuse. She told the story as she introduced the second reading of bill 204, which would allow people try-

### ABOUT THIS SERIES

This week Metro looked at the abuse women in political leadership positions face in Alberta. But beyond documenting the abuse, we continued to look at the gains women have made in the province, politically, and the deeper reasons behind some of the abuse.

ing to escape an abusive partner to break a lease without penalty. The bill passed.

This summer, Renaud, who’s with the NDP, tweeted a demand that PC leadership contender Jason Kenney clarify his stance on abortion, and then she drew on her own experience to underline her point.

“I had an abortion and I thank God I was able to,” she tweeted.

Renaud says abortion is an issue women feel strongly about, and a discussion that is bolstered by first-person experience.

Professor and former Alberta Party candidate Cristina Stasia stresses that more women elected to the legislature is just the start of the work that needs to be done.

“It’s not just about getting more women in office, and I’m not trying to minimize that, but how do we get people to start thinking about racism or sexism critically?” she asked, pointing out that diversity is about more than gender.

“How do we start to have those conversations in our schools?”



POLITICS

A 3-PART METRO SPECIAL FOCUS

# 'Intolerance' a factor in my move to NDP: Jansen

As she left a Progressive Conservative party she's been a part of for more than 30 years, Sandra Jansen said on Thursday "extremists" are taking it over and making women within it not feel at home.

"Like many Albertans I was shocked by the bullying, and the extreme views and intolerance that have characterized the PC leadership race," Jansen said, standing next to Premier Rachel Notley to announce her decision to cross the floor and join the NDP caucus.

Jansen said over the past few weeks she's heard from many women similarly questioning their future with the PC party.

"I hope today sends a message to women in this province that there is a place for them, and that is here," she said.

Just earlier this month, Jansen was running to lead that same PC party.

On Nov. 8, she abruptly dropped out following a party convention, and said afterwards that abuse — including insults scrawled on her nomination form and supporters for other leaders cornering her in the hallway about her pro-choice views — had left her "shaken."

During Thursday's announcement, Jansen pointed to what



**There are some wonderful people in there but they are fighting a tremendous battle against an element that is coming in.**

Sandra Jansen

she characterized as a "frightening" shift rightward in the PC party, a shift she's previously attributed to leadership candidate Jason Kenney.

"There are some wonderful people in there but they are fighting a tremendous battle against an element that is coming in, and I believe that element is coming from one of the leadership candidates," she said.

Now, despite first being elected as part of a PC government, Jansen said she's joining a party she has a lot in common with.

"The best traditions of the Peter Lougheed legacy in Alberta politics, traditions that I have for a very long time believed in, are being pursued by Premier Notley."

ALEX BOYD/METRO



Sandra Jansen was part of the Progressive Conservative party for more than 30 years. DEAN BENNETT/THE CANADIAN PRESS FILE

## WHAT YOU CAN DO

You can support women politicians in Alberta in the language you use and ask why those who utter death threats, misogyny or otherwise feel open to say such things. Get involved in the conversation: **#womeninpower #ableg**



talk about **fresh solutions**

# Steak Fajitas



Prep Time: 10 minutes | Cook Time: 15 minutes | Makes 4 Servings

## Ingredients

- 400 g (1 lb.) Flank Steak
- 8 Casa Mendosa Corn 4 inch Tortillas
- 3 tbsp (45 mL) canola oil
- 3 bell peppers, seeded and sliced
- 1 yellow onion, sliced
- 2 cloves garlic, minced
- 2 tsp (10 mL) kosher salt
- 1 ½ tsp (8 mL) ground cumin
- ½ tsp (3 mL) Mexican chili powder
- ¼ cup (60 mL) fresh cilantro
- salsa, sour cream and guacamole for serving

## Directions

1. Preheat the broiler to high. Season steak liberally with salt and pepper. Broil steak about 4 inches from the heat for 2 to 3 minutes on each side for medium-rare meat. Transfer steak to a cutting board and let it sit, covered with tinfoil for 8 minutes. Preheat oven to 350°F (180°C).
2. While the steak is resting, wrap tortillas in tinfoil and heat on the middle rack of a preheated 350°F (180°C) oven for 5 minutes.
3. In a large skillet heat canola oil over moderately high heat until it is hot but not smoking. Add bell peppers, onion, and garlic, and sauté stirring for 5 minutes, or until the bell peppers are softened. Mix in salt, ground cumin and chili powder.
4. Slice the steak thin across the grain on the diagonal and arrange the slices on a platter with the bell pepper mixture. Drizzle any steak juices over the steak and the pepper mixture. Serve steak and pepper mixture with tortillas, salsa, sour cream, guacamole and cilantro.

Tip: Substitute chicken breast for the steak.

**save on foods**



## RECREATION

## City may seize land for park

Chris Buyze says he got his Christmas wish early, after learning city administration is pushing for a new downtown park.

When they deliver a report to council on Wednesday, administration will recommend council approve expropriating land for a public park in the so-called Warehouse district.

Buyze, the president of the Downtown Edmonton Community League, couldn't be happier.

The potential park would be located near Jasper Avenue and 106 Street, which is currently a surface parking lot about 1.25 hectares in size.

The park was part of the city's capital downtown plan released in 2010.

The city said Thursday negotiations with the property's current owners haven't resulted in any voluntary agreements, which is why officials will recommend expropriation.

If approved, the city would essentially force the current landowners to sell the property at market value, under provincial legislation.

Buyze said the organization has been pushing for the park for more than five years.

"This really makes my year because this is something we've been really advocating for a long time."

The state of downtown green space has also become increasingly worrisome for advocates, after a developer told Metro it intends to turn Frank Oliver Park into a residential tower.

Buyze — who helped create the still-under-construction Alex Decoteau park at 105 Street and 102 Avenue — said parks are important for the growing number of people calling the core home.

"For people living in high-rises, parks really become living rooms," he said.

"They may have a small balcony, but they don't have a private yard or green space. So, it's really important for the viability of residential-downtown for the long-term."

Administration said in a report that the park is intended to be a central gathering place that it believes will spur residential development in the core.

JEREMY SIMES / METRO EDMONTON



**Parks really become living rooms.**

Chris Buyze



Vernon Rademacher says he'd be OK with new development in the area as long as the city's homeless can get along with new residents.

JEREMY SIMES / METRO

# Some feel 'pushed out'

## VULNERABLE

## Development in core results in uncertainty for homeless



Jeremy Simes  
Metro | Edmonton

"It's like a spaceship."

Mary-Joe, who declined to give her last name, points to the big, silver arena, and says she finds Rogers Place intimidating.

"I feel like we're just getting pushed and pushed and

pushed out, and it's all because of that," she said.

Mary-Joe is currently homeless, and worries about the skyscraper being built across from the arena. New details have emerged that it will feature a theatre, a grocery store, a department store and smaller shops and restaurants.

It's all going up next door to Boyle Street Community Services, the building directly behind the arena where Mary-Joe is a regular.

"All of this is intimidating," she said. "That will be just one more thing to worry about."

But not all of Boyle Street's clients feel that way.

Vernon Rademacher, who

was sitting outside the centre in his wheelchair Wednesday afternoon, said he doesn't see a problem with new development.

"As long as we can respect each other, I think everything will be OK," he said.

Julian Daly, Boyle Street's executive director, told Metro the organization bought the Boyle Street building so it could remain in the community.

"People know we're not moving," he said.

The homeless population

has also been dispersing long before Rogers Place was built, he added.

"I have not seen significant displacement (of homeless people downtown)" he said. "I do think some have been intimidated by the arena, but I've had very few examples of clients who've actively moved on. It's not a common thing."

In late October, the YMCA of Northern Alberta announced it's closing its downtown housing facility, forcing 120 low-income residents to find new

places to live.

At the time, the organization said it was losing \$100,000-\$150,000 annually and the board had failed to find a solution.

Daly suggested a new grocery store in the area could benefit some of Boyle's clients, adding partnerships must remain strong between community groups and developers.

"A city is made richer when everyone in that city, regardless of their socio-economic background, has a place in that city," he said.

"An inclusive city is a rich city. And we become poorer when we exclude the poor citizens."



**All of this is intimidating. That will be just one more thing to worry about.** Mary-Joe

## FUNDRAISING

## Make stunts safer, parents ask

The grieving parents of a woman killed at a charity fundraiser by a Jeep that rolled during a stunt want legislation requiring safety plans for such events in Alberta.

John and Mira Green made the submission to a fatality inquiry examining the May 2013 death of their daughter Melinda at an Edmonton shopping centre parking lot.

During the inquiry, witnesses testified that the Jeeps Go Topless show had no safety plan or event insurance and did not require a city permit because it was held

on private property.

"We would like to see enough change that safety becomes a priority rather than it is an inconvenience to have permitting or regulations," Mira Green said outside court.

Melinda Green, who was 20, was watching drivers in a stacking demonstration when she was struck by one of the Jeeps.

In September, the man who drove the Jeep that hit and killed Green testified that the vehicle jumped forward when he turned the key in the ignition instead

of rolling back.

One of the organizers of the show previously testified that they were careful to keep the crowd at a safe distance as the Jeeps got into position. Spectators were allowed to approach once one Jeep was atop the other with the engine off and the emergency brake engaged.

David Aitken, manager of community standards for the city, said it would be better if the provincial government brought in regulations rather than just Edmonton. THE CANADIAN PRESS

## CARBON TAX

## Rural politicians boo province on climate plan

The Alberta government got a bit of a rough ride at a meeting with rural politicians in Edmonton.

Deputy premier Sarah Hoffman was booed Thursday as she defended the NDP's climate-change plan, which includes a carbon tax and a phase-out of coal-fired electricity.

Hoffman said it's necessary to address climate change because the science behind it

is real and there are serious health concerns tied to burning coal.

Hoffman and other cabinet ministers fielded questions from hundreds of delegates to the fall convention of the Alberta Association of Municipal Districts and Counties.

Premier Rachel Notley said in a speech that she understands concerns and debate is always healthy.

THE CANADIAN PRESS



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## FUNDING

# City still keen on car-charging stations



**Jeremy Simes**  
Metro | Edmonton

Despite federal funding falling through, city administration remains keen to install up to 100 charging stations for electric cars in Edmonton to see how residents use them.

Administration will go to council Tuesday in hopes the executive committee approves the plan and that it's brought forward for future discussions.

According to an administration report, the city recently learned its application for partial funding from Resources Canada was unsuccessful. As a result, administration wants council to consider fully funding the pilot through its supplementary budget. The report said the city would use the pilot to evaluate usage and prepare for the potential upsurge in electric vehicles.

The report also notes the transportation sector causes 30 per cent of Edmonton's greenhouse

gas emissions. To reduce that, the city said Edmonton requires a shift in how people move.

A survey by Environics also found 19 per cent of households in Edmonton and Calgary cited a lack of charging stations as a reason for not buying an electric car.

Barriers to charging is "one that municipalities are well positioned to address," the report read.

Other reasons for people not buying an electric car included charging ranges and high pur-

chasing prices. The city would install the stations strategically in areas of "high-visibility," like city hall, attractions, rec centres and libraries.

Thirty stations will be owned and operated by the city while private companies will be recruited to help install the other 70. Currently there are 150 battery electric and plug-in hybrid vehicles registered in Edmonton.

Administration hopes to get the pilot up and running by the second quarter of 2017.



**Zachary Weeks**, a wheelchair user and communications advisor with Spinal Cord Injury Alberta, says the number of people using DATS will only grow. METRO FILE

## New record, more funds

## DISABILITY SERVICES

### DATS carries more than ever but calls grow for budget help



**Ameya Charnalia**  
For Metro | Edmonton

On Oct. 19 the Disabled Adult Transit Service, known as DATS, successfully ferried just over 3,800 people to their destination — making it the service's busiest day ever.

"We continue to deliver more trips with the same level of resourcing while delivering 97 per cent on-time performance," Paul Schmold, acting director of DATS, said in a statement.

"Creating optimal operation efficiencies takes a huge effort and involves a lot of co-ordination between our valued clients, operators, client service agents, trip schedulers, dispatchers, operations technicians, and City of Edmonton partners."

DATS, run by the Edmonton Transit Service, serves people who have a physical or cognitive disability and are unable

to take conventional transit. Eligible residents must pre-book the service in advance.

But as the service celebrates a major milestone, users stressed that demand will only grow, as will the need for more resources.

Zachary Weeks, a wheelchair user and communications advisor with Spinal Cord Injury Alberta, says demand for DATS will continue to increase with the city's growing population.

"We need to ensure that DATS is able to keep up. I know that we can wait a while to be picked up from our destinations but I feel they are definitely doing the best they can with what they have," he told Metro in an email.

Allocating more funds to the city's transportation budget to increase the number of buses on the road would be a good step forward, said Weeks.

"I think this would be a win-win all around. There would not be so much pressure on DATS personnel to accommodate the ridership and the citizen wouldn't have to wait as long to be picked up."

ETS said that more riders are expected to use the service moving during the winter season. In 2015, DATS provided a total of over 945,000 trips.



I know that we can wait awhile to be picked up from our destinations but I feel they are definitely doing the best they can with what they have.

Zachary Weeks

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## EDUCATION

# Canada gets low mark for exercise

**Kevin Maimann**  
Metro | Edmonton

An Edmonton researcher is pushing for schools to have more mandated physical activity, after a new report ranked Canada near the bottom of the barrel on children's activity among a group of 38 countries.

ParticipAction's Report Card on Physical Activity for Children and Youth, the first of its kind, grades Canada an F in sedentary activity and a D- in overall physical activity.

Nora Johnston, director of the Alberta Centre of Active Living at the University of Alberta, said we need to rethink our priorities in schools when it comes to activity.

"I think physical literacy is just as important as reading literacy or numeracy and having those kids understand how to be active," Johnston said, adding classes that involve physical activity are usually the first to be cancelled.

Johnston was also involved

in the study, led by Dr. Mark Tremblay with the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute.

Alberta only mandates 30 minutes of physical activity per day in school, while Slovenia — which got the highest grade for overall physical activity — mandates 77 minutes.

In Zimbabwe, another of the highest ranking countries, 80 per cent of five-to-17-year-olds use active transportation (bikes or walking) rather than busing or getting a ride to school — compared to 25 per cent of Canadian kids.

"I think we need to change the culture," Johnston said. "We have a really good infrastructure — there's parks all over the place, there's trails — but we need as families to get the kids to be more active."

The report urges Canadians to create policies, strategies, facilities and bike lanes, and re-establish year-round outdoor play, transportation, recreation and sport as norms.

## COURTS

### Alberta Justice appealing murder charge stayed due to five-year delay

Alberta Justice says it's appealing after a judge threw out a first-degree murder charge that took more than five years to get to trial.

Lance Regan was accused of stabbing to death fellow inmate Mason Tex Montgrand at Edmonton Institution in August 2011.

Court of Queen's Bench Justice Stephen Hillier stayed the charge in early October.

He found Regan's

constitutional right to be tried in a reasonable time had been violated.

Hillier cited a Supreme Court ruling over the summer, known as the Jordan decision, that spells out what constitutes an excessive delay.

Under the Jordan framework, the top court said an unreasonable delay should be found in cases that take 18 months in provincial court or 30 months in a superior court to get to trial from the time an accused is charged.

THE CANADIAN PRESS



The new Health Canada framework will be discussed at Community Natural Foods. FACEBOOK

# New fed regulations irritate retailers

## MEDICINE

## Natural health product laws change, cost to businesses

**Aaron Chatha**  
Metro | Calgary

Calgary's natural health product retailers are fighting new, national regulations that would take the framework of over-the-counter drugs and apply it to their natural products.

Community Natural Foods on 10 Ave SW is hosting town hall meeting on Friday with MP Kent Hehr and Canadian Health Food Association president Helen Long.

It's a complex issue, but as-

sistant general manager Adam Martin distilled it to a few key points.

The new regulations will split natural health products into two steams: low risk and high risk.

Low risk, for example, is a product like turmeric. Currently, stores can list the health benefits of turmeric, like that it's good for inflammation.

"In this new proposed framework, I can only tell you that it's turmeric," said Martin.

There will also be a disclaimer on the product that says Health Canada has not approved the effectiveness of the product.

"It's basically a bit of a hands-off approach to regulation," Martin added.

On the higher risk end of the product, like with Omega 3 or fishoils, retailers can make

a claim that it supports cardiovascular health.

That's based off different types of evidence, like traditional uses in Chinese or Arabic medicines, as well as a number of studies and open trials.

"In this new proposed framework, in order to make that claim, they would be looking for pharmaceutical-style evidence, like a double-blind placebo controlled study."

In the current framework, which was introduced in 2004, Martin said natural health products are seen as different from food and drugs, and were regulated as such.

Under the new framework, it will create a burden on retailers to meet these restrictions. However, unless pharmaceutical drugs, they can't patent their products efficiently.

Anyone can go get the in-

gredients from their local grocery store and make their own batch, making it so it's not worth the investment for the creators of these natural health products.

Martin feels this will mean less natural alternatives on the shelves, forcing more people to rely on pharmaceuticals.

The town hall begins at 5 p.m.

## TOWN HALL

### Community Natural Foods hosting event Friday

MP Kent Hehr and Canadian Health Food Association president Helen Long will be present at 7 p.m. to discuss the new federal regulations and to answer questions. METRO

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# Society marks milestone

## MENTORSHIP

### Non-profit helps artists improve mental health



**Kevin Maimann**  
Metro | Edmonton

A group that started as an eight-person collective has blossomed into a mentorship program for dozens of Edmonton artists who struggle with mental illness or other barriers to sharing their work.

The Art Mentorship Society of Alberta (AMSA) will celebrate its second anniversary Friday with live music and artwork by its members in the CKUA event space at 9804 Jasper Avenue.

The artist-run centre, with six instructors and 50 members, has a mandate of improving mental health outcomes through affordable art education and other professional development opportunities.

"The creation of the art is really, I think, where the heal-



Art Mentorship Society of Alberta executive director Robyn O'Brien poses with artist Tomas Illes Thursday. KEVIN TUONG/FOR METRO

ing starts to begin," said the society's executive director, Robyn O'Brien.

AMSA also helps its members supplement their incomes by arranging art sales, and has recently supplied art to the

University of Alberta and Grey Nuns Hospital.

Many of the artists are on Assured Income for the Severely Handicapped or subsidized housing programs.

O'Brien said in a recent sur-

vey, one artist wrote that he hadn't thought about suicide in a year since he started with the society — while another said the program gave her life purpose.

"If they're doing the art-

**“The creation of the art is really, I think, where the healing starts to begin.”**

Robyn O'Brien

work and they're doing it as a daily practice, then it becomes their job and their livelihood," O'Brien said.

"A lot of these people are professional artists that may have found a dark period of their life, or something that happened to them that kind of got them off track, and they're working on getting back on track."

AMSA offers membership at \$10 per month, which makes fundraisers crucial.

"We're paying instructors and staff on top of that, so everything is heavily subsidized. That includes all of their instruction, most of their supplies, and the group's community studio space," O'Brien said. "You really can't find anything else like that in the city."

Friday's event runs from 5 p.m. to 9 p.m.

## WHAT'S GOING ON

### Weekend naughty and nice

#### Taboo Naughty but Nice Sex Show:

This year's show promises more "sex-sational" features than ever before, including fire, and pole-dance performances and erotic male revue Body Heat. Recent AGLC changes will allow topless performances for the first time.

**WHEN:** Friday through Sunday  
**WHERE:** Edmonton Expo Centre at Northlands

#### James T Kirks Release Show

Surfs up, punks. Local surf-punk legends James T Kirks are returning to launch a new 7" record. Real Sickies and Bombchan will warm the stage.

**WHEN:** Friday at 9 p.m.  
**WHERE:** Starlite Room, 10030 102 Street.

#### Santa's Parade of Lights

Watch St. Nick under glowing lights at twilight as he takes a trip through downtown.

**WHEN:** Saturday at 5 p.m.  
**WHERE:** Starting at Jasper Avenue and 100 Street

KEVIN MAIMANN/METRO EDMONTON

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# Just your average Canadian

## WILDLIFE

**The gray jay is the choice for national bird. Here's why...**



**Haley Ritchie**  
Metro | Ottawa

It didn't win the popular vote — coming third behind the common loon and the snowy owl — but the Royal Canadian Geographic Society has plucked an underdog to be the national bird of Canada.

The gray jay, also known as the whiskey jack, has been announced as the winner of a two-year search for a national bird.

The decision is not official — but the society is suggesting the government should name the gray jay as the official bird of Canada.

Smart, hardy and friendly — the Royal Canadian Geographic Society says its choice for Canada's national bird epitomizes the best of the country's national traits.



Gray jays depend heavily on their food caches to get them through the winter. TORSTAR NEWS SERVICE

Unlike the snowy owl and the common loon, the jay stays in Canada all winter long. It is a hardy little creature — having been observed in its nest at -30 C.

Also like Canadians, it's a friendly sort. The little bird isn't shy, known to eat nuts and seeds straight from people's hands.

In First Nations lore, the

"wisakedjak" is a trickster and a helper, warning people of predators in the woods and even leading lost travellers home by calling from tree to tree.

## The choice is for the birds!

When news broke Wednesday that Canadian Geographic had picked the gray jay, also called the whiskey jack, as its nomination for this country's official national bird, it touched off a cacophony of tweets — both for and against — at #CanadaBird.

A great many people asked why more seemingly-iconic birds didn't make the cut, birds like the common loon, the snowy owl or the conveniently-named Canada goose.

"What?!! Really?? Not the mighty loon??" wrote Kelda Larsen on Twitter. "Nothing wrong with gray jays, don't get me wrong but...#CanadaBird"

"Wrong choice @CanGeo Canada already has a national bird — the Canada Geese (sic). If you want to change it go with the Cardinal," wrote a user named @Danno.

But in the opinion of Dan Strickland, Algonquin's retired chief park naturalist, the stout little jay couldn't be more Canadian. He would know — he's studied them for 50 years.

TORSTAR NEWS SERVICE

## CANADA NEWS

### Officer found dead in Jordan

A Canadian military officer has been found dead Thursday in a military gym in Jordan, the Department of National Defence says. Maj. Scott Foote, a logistics officer based out of Kingston, Ont., was pronounced dead after attempts to revive him were unsuccessful. His death has been classified as non-combat related and an investigation is underway.

THE CANADIAN PRESS

### Canadian military recruiting site links to Chinese page

The federal government was unable to say Thursday whether any personal information was stolen during what appears to have been a hack of a National Defence website. Public Safety Minister Ralph Goodale said federal officials were investigating after people trying to access the military's recruiting website were instead directed to the Chinese government's main webpage. The site was taken down soon after the problem was discovered.

THE CANADIAN PRESS

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# Big baby formula booster is busted

VANCOUVER

## Suspect accused of hiring drug addicts, selling goods in Asia



**Wanyee Li**  
Metro | Vancouver

One alleged prolific criminal is behind bars after Vancouver police seized about \$100,000 worth of stolen goods — much of it in the form of baby formula.

Officers seized about \$50,000 worth of baby formula in early November after receiving a tip that large amounts of the product were disappearing from store shelves.

Police allege the mastermind behind the operation was hiring drug addicts to steal product for him. The suspect would then sell the product for triple the price in Asia, where demand for



Vancouver police spokesman Const. Jason Doucette walks past stacks of seized baby formula. JENNIFER GAUTHIER/METRO

Canadian baby formula is high, according to Detective Const. Doug Fell with Vancouver Police Department's anti-fencing unit.

Fencing is the act of buying and selling stolen goods.

"What happens here is the

mobile fence uses a predatory method," he said Wednesday. "This individual would provide (drug addicts) money to get their drug fix, and then they would go and boost for him."

Police believe the suspect has

been operating in Vancouver for about a year, hiring 10 to 20 people a day and gathering over \$200,000 worth of stolen product in total. That's worth about 70 per cent of all stolen baby formula in the region, said Fell.

Officers followed him and saw thieves bring him up to 24 units of baby formula at a time. The suspect stored the stolen goods at a Strathcona residence, according to Fell.

He called the operation, "predatory fencing," because it preyed on society's most vulnerable to do the dirty work.

The suspect will face trafficking and counselling-to-commit-offences charges, he said. Other charges are being considered for two other individuals involved in the operation.

This is one of the biggest stashes of stolen retail goods Vancouver police have ever seized and authorities hope this sends a strong message to criminals that this kind of operation is no longer feasible.

MONTREAL

## Canada's first movie cinema burns down

Fire gutted a 19th-century building in Montreal's Chinatown district on Thursday that once housed Canada's first cinema.

More than 120 firefighters battled flames leaping out of the historic Robillard building, a heritage property that was constructed around 1885.

No injuries were reported and the exact cause of the blaze was not immediately known.

According to city-run historical centre, the Robillard building was a 300-seat variety

and vaudeville venue called the Palace Theatre.

In June 1896, Louis Minier used a room in the Robillard to project the first indoor moving picture film in Canada, using the famous Lumiere brothers' cinematographe.

The first outdoor projection was tried a few months earlier, on a wall of a hotel next door.

According to the city, the Robillard was used for projections from 1896-97, making it the first cinema in Canada.

THE CANADIAN PRESS



Firefighters battle a blaze at the Robillard building in Montreal on Thursday. GIUSEPPE VALIANTE/THE CANADIAN PRESS

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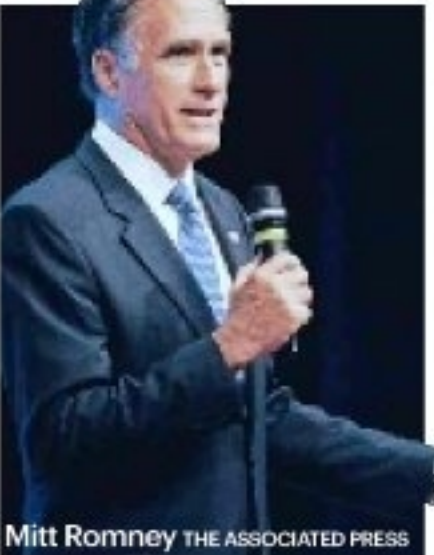
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## Donald Digest A roundup of news about the president-elect



Mitt Romney THE ASSOCIATED PRESS

### From 'loser' to secretary of state?

Mitt Romney will meet this weekend with Donald Trump to discuss taking the secretary of state position, a source told NBC News. Romney has been a critic of Trump, slamming him as a "phoney" and a "fraud." Trump repeatedly referred to Romney as a "loser." AP

### Mending Pences

Vice-President-elect Mike Pence says he's confident Trump's administration can find common ground with Democrats. AP

### A new Trumpiculum

San Francisco's public schools have been offered a classroom lesson plan that calls President-elect Donald Trump a racist, sexist man who became president "by pandering to a huge racist and sexist base." AP

### In like Flynn?

Trump has offered retired Lt. Gen. Michael Flynn the job of national security adviser. That's according to a senior Trump official. AP

### Japan willing and Abe-I to work with Trump

Japan's Prime Minister Shinzo Abe says he is convinced that U.S. Donald Trump is a leader in whom he can have great confidence. AP

# Dig deep into Trump, like a masseuse

Understanding U.S. president and his impact will require penetrating thought and persistent focus

ROSEMARY WESTWOOD  
From the U.S.



I do not recommend Donald Trump as a conversation topic with your deep-tissue masseuse.

As a newbie, you might already fear that a deep-tissue massage could somehow dismember you. And DT (an acronym that suggests, I think, a spreading disease) is not relaxing. Dim lighting and looped waterfall audio are no match for the spectre that is DT's incoming presidency, the engine squeals of which are already sounding overhead, what with the appointment of Steve Bannon as chief strategist and all.

You will be now be hearing, every day, the voice of DT oozing out of your radio or TV or YouTube clip, and that is stressful enough. You don't need to hash it over with the man rubbing the bottoms of your feet.

Of course, you probably can't help yourself.

All week I've been attempting mental backflips and yogic contortions — ef-

what he will allow to be done in his name or what he will convince his fellow Republicans to do along with him.

That is what makes calls to "give Trump a chance" so alluring — and wrong. President Barack Obama is perhaps obliged to say this. DT's supporters must, or what was the point of voting for him? But the rest of us do so at our peril. Obviously, we have to wait and see, the way you would after a loved one's been rushed to hospital. DT should be taken seriously, I think we can agree.

That is why so many in America have been writing this week about vigilance, warning about "normalization" in the media, worrying about the future of free speech. Perhaps you saw Peter Mansbridge refer euphemistically on Twitter to Trump's "unconventional campaign style." Perhaps you noted the Huffington Post removed an editor's note that called DT racist, reportedly to start his presidency with a "clean slate."

Trump's slate, I think you'll agree, is muddled and decidedly grim.

**“Trump's slate, I think you'll agree, is muddled and decidedly grim.”**

forts to "make sense" of the new world order.

That race and gender, economics, nationalism and technological change all played a role is, I think, clear — although their exact measurements remain a mystery. Did Facebook, too, with its propagation of fake news stories? And what role did ignorance — i.e., a willingness to believe in pretty much anything that makes you feel better — play? Did education fail, or are more Americans than many realized simply horses unwilling to drink, probably because we can't agree on what is water?

Here is my favourite — which is to say, least-favourite — thing about President-elect DT: Nobody knows what he will do. Nobody knows

And how to bring America together remains a riddle. Writing off all DT voters is simply bad math: They are one in five of all Americans, or twice the population of Canada. It's also the kind of thinking that will only feed the growth of the alternate-universe America, which believed in DT.

I've been thinking a lot of Doris Anderson, the feminist champion editor of *Chatelaine* magazine from the 1960s and 1970s who strategized carefully over how to bring about social change by "bringing readers along" with her — and succeeded.

Her example, I think, is helpful: Question. Investigate. Publish. Repeat. And never take change for granted.

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# Migrant deaths hit record

## REFUGEE CRISIS

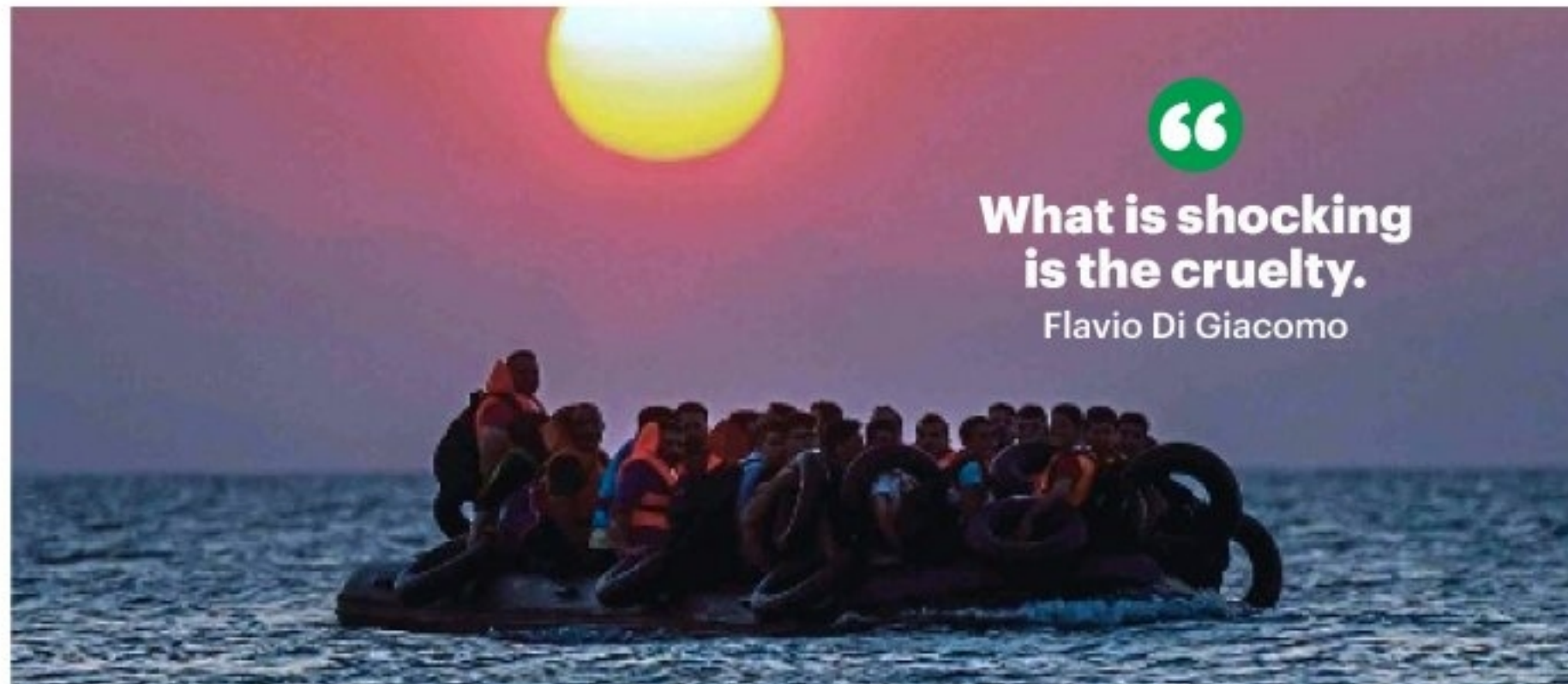
### 4,500 have died crossing the Mediterranean so far this year

Four Mediterranean Sea shipwrecks in the past 2-1/2 days have caused about 340 migrants to die or go missing, making 2016 the deadliest year on record for asylum seekers risking the dangerous voyage to Europe, a migration organization said Thursday.

The shipwreck casualties brings to over 4,500 the number of migrants who have died or disappeared crossing the Mediterranean so far this year, according to the International Organization for Migration figures. The total compares with the 3,770 people reported dead or missing last year, the previous record.

The organization said Thursday that the death toll is rising as smugglers force departures despite rough, winter seas.

"What is shocking is the cruelty," Flavio Di Giacomo, Italy spokesman for the International Organization for Migration, said. "The traffickers are forcing people to depart



Migrants approach the island of Kos, Greece, last year. About 340 migrants have died or gone missing in four Mediterranean Sea shipwrecks over the past two-and-a-half days during the deadliest year on record. ALEXANDER ZEMLIANICHENKO/THE ASSOCIATED PRESS

despite the prohibitive sea conditions. When they get to the beach, migrants who don't want to go are forced to get on board, even with violence."

Di Giacomo said traffickers care little if the migrants make it alive. "Once you pay, you can't go back," he said.

The count from the recent shipwrecks was based partly on the rescue overnight by Doctors Without Borders of 27 migrants, who reported

that more than 130 people had been on board their rubber dinghy when it sank, Di Giacomo said. Seven bodies have been recovered.

In another incident, 15 survivors rescued by a mercantile ship about 30 miles from Libyan shores reported that some 135 people died when their smugglers' boat capsized. Five bodies were recovered.

Another ship rescued 23 migrants, who reported that

more than 120 people had been on board when they sank overnight Tuesday. Six bodies were recovered Tuesday in the fourth rescue, of 114 people.

The impossibility of recovering bodies of migrants lost at sea means that humanitarian organizations must rely on the accounts of survivors to tally the number believed drowned, as tens of thousands fleeing war, poverty and persecution seek to reach safety in Europe

in smugglers' boats.

The European Union's Frontex border agency says a record 27,500 migrants were rescued and brought to Italy in October, the highest monthly total ever in the central Mediterranean and twice as many as in previous months.

So far this year, nearly 160,000 migrants have arrived in Italy, up 13 per cent from last year.

THE ASSOCIATED PRESS

“  
What is shocking  
is the cruelty.”  
Flavio Di Giacomo

## WORLD NEWS

### Dozens killed in fuel-truck explosion in Mozambique

Mozambican media say 73 people were killed and more than 100 others were wounded in a fuel tanker explosion in the north of the country. Reports Thursday said dozens of charred bodies were scattered around the site and officials believed more might be in surrounding woods.

THE ASSOCIATED PRESS

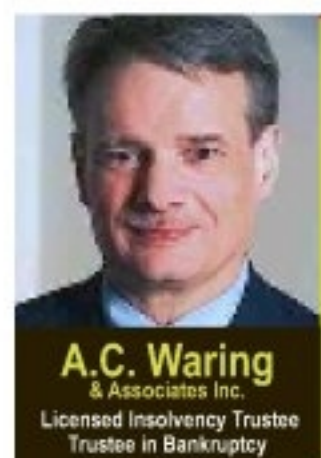
### Thai cracking down on insults to royals

Thai authorities cracking down on online insults to the royal family following the recent death of their king pressed Google and Facebook for help as they shut down 1,300-plus websites last month — more than they had in the previous five years combined, according to records. THE ASSOCIATED PRESS

### Inspectors say Harambe's barrier was not effective

A barrier separating Cincinnati Zoo visitors from a gorilla exhibit wasn't in compliance with standards when a boy managed to slip inside, resulting in the death of an endangered gorilla named Harambe, inspectors concluded.

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## POLITICS

### 'Never, ever give up'

Hillary Clinton is acknowledging the difficulty of her loss in the presidential race for her supporters and urging them to persevere through the Donald Trump era.

Clinton encouraged her backers to "never, ever give up." "I know this isn't easy. I know that over the past week a lot of

people have asked themselves whether America is the country we thought it was," Clinton said Wednesday night at the annual gala of the Children's Defense Fund. "But please listen to me when I say this: America is worth it... We need you. America needs your energy." THE ASSOCIATED PRESS



Hillary Clinton addresses the Children's Defense Fund. CLIFF OWEN/THE ASSOCIATED PRESS

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**GERMANY BARACK AND ANGELA TALK DONALD** German Chancellor Angela Merkel and U.S. President Barack Obama talk to media after a meeting in Berlin on Thursday. Obama prodded Donald Trump to take a tougher approach toward Russia, while Merkel, said she was approaching the Trump administration with "an open mind." MARKUS SCHREIBER/THE ASSOCIATED PRESS



DECODED by Genna Buck and Andrés Plana

## ANIMALS ARE IN DANGER NEAR YOU

Most people know the International Union for the Conservation of Nature (IUCN) keeps a "Red List" of endangered and threatened species. But have you ever wondered how an animal, plant, protist or fungi earns the dubious honour? (Microbes are disqualified.) All these species make their home, or once did, in Canada. **They're all of international concern for conservationists, and our whole planet.**

### Extinct

Species extinct in the wild are also called "extirpated." They only live in captivity, such as in zoos.

Extinct

Extinct in the wild

### Threatened

In the 1990s, scientists decided that using a simple set of number cut-offs related to extinction chances, range, and population size cut-offs would make it easiest to compare species. They can be estimates or real data.

Critically Endangered  
50%+ chance of extinction in 10 years

Endangered  
20%+ chance of extinction in 20 years

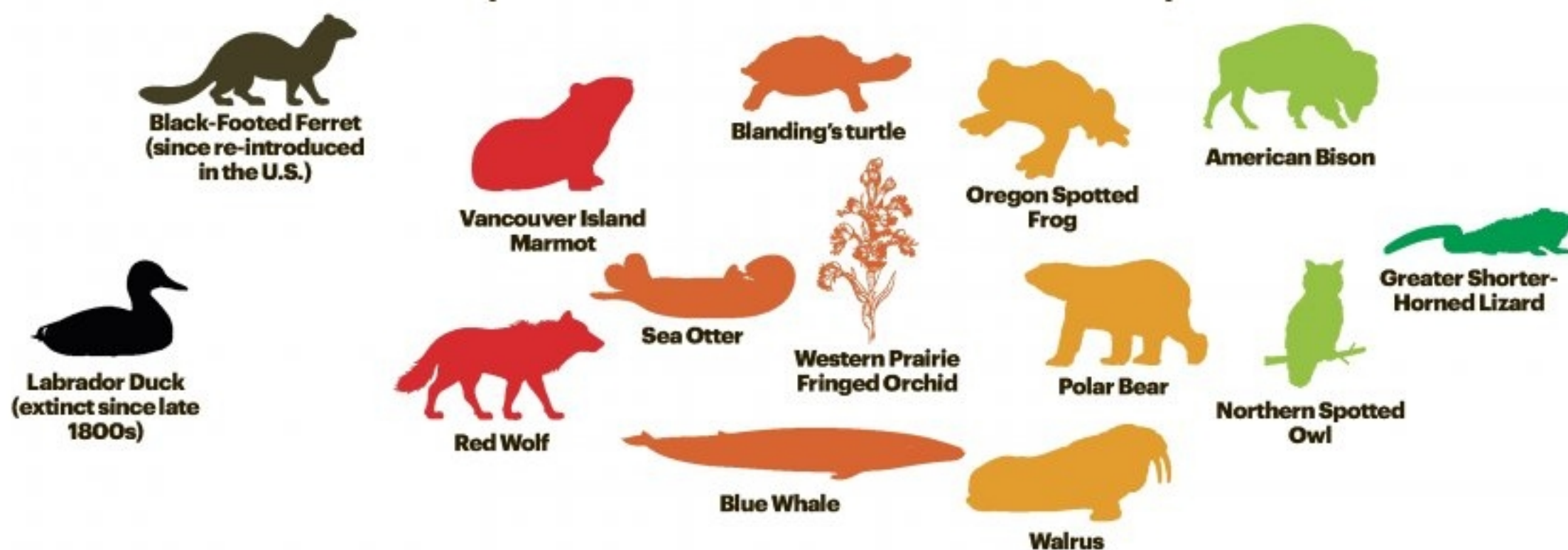
Vulnerable  
10%+ chance of extinction in 20 years

### Concerning

"Near threatened" species are heading towards danger. "Least concern" species might still be declining, but aren't expected to disappear soon.

Near Threatened

Least Concern



### FINDINGS

#### Your week in science



J28 AND CALF LOOKING THIN IN A DRONE PHOTO. VANCOUVER AQUARIUM, COASTAL OCEAN RESEARCH INSTITUTE

#### WHALE OF A PROBLEM

Cetacean lovers are anxious about last month's death of the orca J28, a.k.a. Polaris, and likely her year-old calf as well. One fewer breeding female is a setback for the fragile population of 80 southern resident killer whales off the coast of B.C. What's going wrong? Scientists suspect either contagious disease or a dangerous accumulation of toxins. Examples are PCBs (coolants), PBDEs (flame retardants) and even Cesium-137 that drifted over from the site of the 2011 Fukushima nuclear accident.

### SOUND SMART

## BIO ACCUMULATION

#### DEFINITION

**Bioaccumulation** is accumulation of a substance (often toxic) in the body. It happens when a species takes in more of something than it can digest or flush out. It's common in predators at the top of the food chain.

#### USE IT IN A SENTENCE

Doctors tell pregnant women to avoid predatory fish like shark, swordfish and king mackerel because of the **bioaccumulation** of mercury.

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CITIZEN SCIENTIST by Genna Buck

## A word of caution to amateur psychologists

Do you think we have collective psychological trauma from Trump being elected? - Jordyn, Toronto

The study of collective trauma is a complex, emerging area of research. It looks at the effects of traumatic events (like a refugee crisis or genocide), and historical injustices (like slavery). Studies have shown large-scale trauma can affect the way people see themselves as a group. And collective trauma has been used as a theoretical foundation to help

explain why historically marginalized people continue to be marginalized by economic and health disparities today.

As far as I can tell, there have never been any studies of collective trauma about something as banal as a regularly scheduled election. But it's true a lot of people are distraught over it. Plus, PTSD has been diagnosed in people traumatized by horror movies, and many would argue that Donald Trump is scarier than Jaws. So I guess it's possible.

"Trauma" is a word that gets

thrown around a lot in ways that don't reflect its technical, medical meaning. So I think this is a good time to talk about pop psychology vs. the academic kind.

Psychology attracts a lot of interest from non-scientists: Everyone likes learning about their own mind. Like in any field, psychological theories and ideas come and go. But certain ones have a way of taking hold in the public consciousness, sometimes until long after they've been discarded by academics.

Malcolm Gladwell's seductive

books are a perfect example: The finding that 10,000 hours of practice is the magic number needed for mastery didn't hold up in subsequent studies.

I know it's annoying, but before you pass on a sexy psychology idea, consider doing a quick Google search with your key words plus "retracted" "replicated" or "disproved." Often it will crush your conversation-starting dreams. But that's for the best.

Science Question? Tweet @genna\_buck







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## Rowling's magic touched actors early

Another J.K. Rowling adventure is on screen. It follows Newt Scamander, author of the textbook *Fantastic Beasts and Where to Find Them* (also the film's name), in New York City in the 1920s, 70 years before Harry studied the text at Hogwarts. I spoke with the cast, asking them how Rowling and the Potter phenomenon touched them personally. **RICHARD CROUSE/FOR METRO**



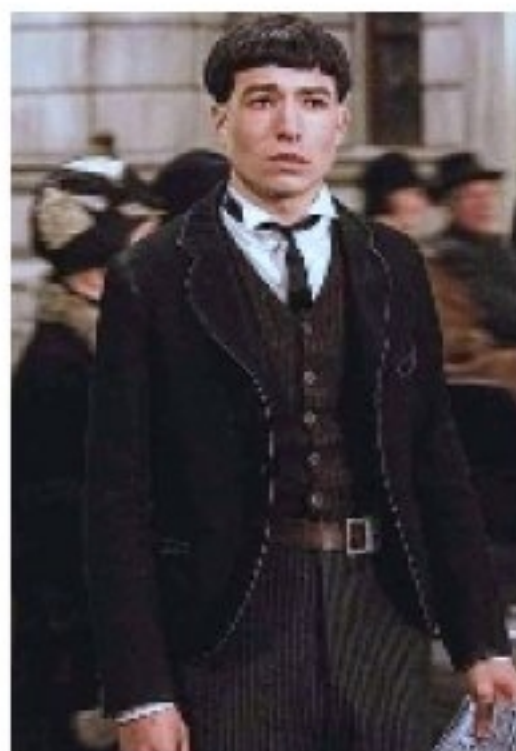
### Eddie Redmayne is Newt Scamander

"I started watching the films when they came out and for me **it was this incredibly warm, wondrous place to go back to every year or two.** It felt familiar and new, and I got to see some of my favourite actors doing extraordinary work. It became a consistent comfort."



### Katherine Waterston is Porentina Goldstein

Waterson plays a witch and former Auror for the Magical Congress of the United States of America: "I really identified with (Rowling's) passion and commitment when I was in my 20s and was a struggling actor. You think of those people and have them in your mind as a mantra to keep you going. Not that one day you may have their success, but that **it is valid to pursue your creative impulses regardless of the outcome.**"



### Ezra Miller is Credence Barebone

Miller plays a member of the New Salem Philanthropic Society, an anti-witchcraft group: "I think (Rowling) gave to those of us who partook of her work as young people... natural gifts, **a sense of justice and morality, of wonder and of imagination.** A lot of us lose these gifts as we grow old and you look around and adults are boring, tired, jaded and disillusioned but I personally feel J.K. Rowling gave us a means by which to portage those inherent gifts of childhood over the wilderness and into our adult lives."



### Dan Fogler is Jacob Kowalski

Fogler plays a non-magical factory worker: "I was a fan of Star Wars, the hero cycle, Joseph Campbell, fantasy, Dungeons and Dragons and all that. When I saw the (Potter) movies I thought, these really contain all of that and they also have that amazing coming of age feeling, like you're watching a John Hughes movie. **All the incredibly personal stuff, like when they did stuff like the Sorting Hats, struck a chord for me.** It reminded me of sleep-away camp when everyone found their own cliques."



### Alison Sudol is Queenie Goldstein

Alison Sudol plays a free-spirited witch: "I loved the wizarding world so much, from the get go, from the first page of the first book. I already loved *The Chronicles of Narnia* and Lewis Carroll, and **here was this world where there was an entirely parallel universe going on alongside ours,** where all these insanely imaginative things were happening. It felt tangible and possible and real. It was such a beautiful place to inhabit in my imagination."

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# Redmayne on finally getting his Potter shot

## INTERVIEW

### Actor loves the message of living together harmoniously

After spending two straight falls consumed by awards season, Eddie Redmayne is taking a break from the Oscars and fronting his first franchise.

In the Harry Potter prequel *Fantastic Beasts and Where to Find Them*, the mantle of J.K. Rowling's leading man has been passed from Radcliffe to Redmayne. His Newt Scamander also wields a wand, but he's a humbler operator in the same magical realm. Newt is a sheepish Brit arriving in 1926 New York, with a leather case stuffed with outlawed creatures.

Though the film, Redmayne is undoubtedly the freckled face of the new Pottermania.

#### Your first blush with the Harry Potter world came much earlier, didn't it?

This is true. When I was at university, they were casting the net quite wide for Tom Riddle, the young Voldemort. I had gotten an audition. I think I was seeing the casting director's eighth assistant.

I remember surviving about three and a half lines of the first scene before I was shown the door, so I wasn't very successful. It wasn't the greatest introduction to the Harry Potter world.

#### I imagine many of your contemporaries were finding their way in.

I definitely thought having a slight ginger gene there must be some distant relative of a Weasley I could be. I had lots of friends — Robert Pattinson did the film and then Domhnall Gleeson played a Weasley. They would come back with wonderful tales. But I never got the call.

#### So how did *Fantastic Beasts* come to you?

It came in the most wonderfully cryptic, slightly sort of Harry Potter-y way. I got a call saying that (director) David Yates wanted to meet. We met at a club called Blacks in Soho in London. I went downstairs and I found David sitting by a roaring fire. And I have this little case, this Globe-Trotter case that I always use as my work case. I think I was working on *The Danish Girl* so I came from there. He just gently started telling me this story and introducing me to

who Newt Scamander was. And then he mentioned this case that had this sort of Mary Poppins-like quality. And I subtly pushed my case back. I was so mortified that he might think I was that actor who had turned up dressed as the character.

#### What did Rowling tell you about Newt?

We had a discussion for about an hour two weeks before filming. It was the first time I met her. She told me where Newt came from in her imagination and aspects of her own life. It was a really wonderful conversation and galvanizing conversation. But it's not one that's really my place to talk about.

**The beasts your character is shepherding are feared and banned in America. The political subtext is hard to miss.** I find that interesting in what it represents of things we don't know, things we see as other that we just become terrified of and dismiss. Newt believes, with the right education for both wizards and the creatures, there's a way to live harmoniously. I don't feel like he's a broadcaster. He's doing it in his own gentle way.

THE ASSOCIATED PRESS



The mantle of J.K. Rowling's leading man has been passed from Radcliffe to Redmayne.

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# Designer tackles revenge, artifice



Jake Gyllenhaal plays a writer who dedicates a violent thriller novel to his ex-wife in the film *Nocturnal Animals*, which is directed by fashion designer Tom Ford. CONTRIBUTED

## INTERVIEW

### Tom Ford is 'torn up' over consumerism and his role in it

Impeccably dressed, meticulously poised and gracefully polite, style icon Tom Ford is in many ways just as you'd expect him to be.

Bright-eyed and assertive, he offers up a firm, look-you-in-the-eye handshake during a round of media interviews at the Toronto International Film Festival, eager to chat about his second feature on the heels of a triumphant debut in Venice.

On this day back in September, the exacting fashion guru is in his standard attire of a jet black suit and crisp white shirt. He subtly directs visitors to the chair opposite his lux velvet perch.

And then he frets about the fickle four-year-old son he misses back home, and munches on jelly beans from the bowl at his side. Tom Ford, the stress-eating dad?

Ford insists he's not nearly as self-assured as he seems, especially when it came to crafting his violent revenge thriller *Nocturnal Animals*.

"I worked very hard and I beat myself up and tortured myself," Ford says in a sonorous voice that booms at times.

Like the film's characters who are not as they appear, Ford is keen to upend expectations with his quick-rising directing career. This time he's tackled a melange of genres that play out as a story within a story: an introspective

character study, a gothic cowboy caper, a doomed fairy tale romance and a social satire.

Ford adapted the script from Austin Wright's novel *Tony and Susan*.

Amy Adams stars as Susan, a dissatisfied Los Angeles gallery owner who lives with her rich philandering husband, Hutton, played by Armie Hammer, in a starkly beautiful mansion. Susan's malaise is exposed when she receives a manuscript from her ex-husband, Edward, played by Jake Gyllenhaal. It's his first novel, which he's sent her to review before it's published.

Dedicated to her, it depicts the brutal tale of a Texas man whose wife and daughter are abducted by a redneck gang during a road trip, and the ensuing investigation led by a chain-smoking cop played by Michael Shannon.

The story elicits memories of Susan's youthful relationship with Edward when he was a struggling writer, and its collapse when she left him for the wealthy Hutton.

Ford says the story's many layers of artifice make it "so much bigger and more complex than *A Single Man*," his 2009 debut, which earned a best actor Oscar nomination for star Colin Firth.

And the themes hit very close to home, he adds.

"I'm one of those people contributing to this junk contemporary culture, this culture where: 'If you buy this you're going to be happy.' 'If you do this you're going to be happy.' 'If you live this way you're going to be happy.' And I'm quite torn about it," says Ford, whose creative vision at Gucci and Yves Saint Laurent made him synonymous with luxury fashion.

"I also grew up in New Mexico in a place where I could see 200 miles and I still go there often and I have a ranch and I get on my horse and I live a totally different life and I'm often conflicted. However, we are material creatures. Velvet feels good. Steak tastes great. So do those jelly beans ... For me, really this story is about finding people in your life that mean something to you and hanging on to them."

Meanwhile, he relishes film for offering a creative outlet that he says endures much longer than fashion. THE CANADIAN PRESS



**I worked very hard and I beat myself up and tortured myself.**

Tom Ford, Director

## FILM BRIEFS

### The Shining actress reveals mental illness on Dr. Phil

Actress Shelley Duvall has revealed her struggles with mental illness in an interview with Dr. Phil, but filmmaker Vivian Kubrick has called the episode exploitative and "appallingly cruel."

Duvall is best known for her turns in the horror movie classic, *The Shining*, and for playing Olive Oyl opposite Robin Williams' Popeye in the 1980 film version of the comic strip.

In a preview of the interview, set to air Friday, Duvall, 67, claims Williams, who died in 2014, is alive and "shape shifting." She also says that she is "very sick" and needs help.

THE ASSOCIATED PRESS

### Thriller based on 1892 axe murders begins filming

Filming is underway in Savannah, Georgia, for the psychological thriller *Lizzie*, which stars Chloe Sevigny as Lizzie Borden.

The film centres on the true events surrounding the infamous axe murders of Borden's father and step-mother in Massachusetts in 1892. THE ASSOCIATED PRESS

## INDUSTRY

### Don't trash a film just because it's Canadian

The new head of the Academy of Canadian Cinema & Television says she's taking inspiration from some powerhouse U.S. producers to get Canadians more interested in homegrown fare.

Beth Janson says she's planning a "big rebrand and refresh" in January meant to improve the organization's mission to promote and discover different kinds of content.

"When I started talking to the academy about this job and in my first few months here, I came to realize that Canadians have a very different feeling about Canadian content and it's not always overwhelmingly positive," the Montreal native said Monday.

"You can read it in the press yourself — that the production values are low or the writing is not strong. There's endless criticisms about Canadian content."

Janson replaced Helga Stephenson as chief executive officer on June 1. She was previously the executive director of the Tribeca Film Institute and has been programming director of the Newport International Film Festival and worked in the programming department of HBO Documentary Films.



Beth Janson, CEO, Academy of Canadian Cinema & Television. CONTRIBUTED

She thinks the screen industry has "over-emphasized branding stuff as Canadian content."

"So that is to say, looking at the piece, if it's a feature film or a short film or a web series — who is the target audience for this and then let's figure out a way to market it to that audience and to not lead with, 'This is Canadian therefore you should like it, therefore you should be proud of it, therefore you should watch it,' which just puts it on everyone's to-do list and it never actually gets done."

THE CANADIAN PRESS

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The Edge of Seventeen is a clever coming-of-age comedy about a social outcast (Hailee Steinfeld) whose temperamental teenage life becomes even more complicated when her best friend begins dating her brother. CONTRIBUTED

# Capturing millennial teen angst

## EDGE OF SEVENTEEN

**Fresh female perspective on the hardships of being a teen**

**Steve Gow**  
For Metro Canada



John Hughes ruled the '80s with his iconic Brat Pack movies. Audiences ate up American Pie in the late '90s. Now, filmmaker Kelly Fremon Craig is hoping to be the voice of the

millennial high-school experience.

After all, her acclaimed debut feature *The Edge of Seventeen* is a clever coming-of-age comedy about a social outcast (Hailee Steinfeld) whose temperamental teenage life becomes even more complicated when her best friend (newcomer Halee Lu Richardson) begins dating her brother.

"We're our own worst enemy. You don't have to have a movie like *Mean Girls* where there's a mean girl at school — the mean girl can be in yourself," said Richardson of the film's fresh fe-

male perspective — one that shuns the teen genre's boilerplate formula of conquering cliques or seeking sex.

"A lot of that gets beaten away when you have a respect for how complicated the age is," insisted Craig, who spent six months interviewing teens before writing the script. "As soon as you recognize that you can't use a broad brush, you've stepped away from a genre film because you're trying to say something more specific or nuanced than that."

Enlisting super-producer James L. Brooks was also key to finding the film's authentic tone. After all, the legendary filmmaker behind such Oscar-winning successes as *Jerry Maguire* and *Terms of Endearment* (not to mention television hits like *The*



*Simpsons*) definitely advised Craig to avoid conventional trap-

**We're our own worst enemy. The mean girl can be in yourself.**  
Kelly Fremon Craig

pings.

"We beat genre away with a stick," said Brooks during the Toronto International Film Festival. "It was always our intention to keep it the hell out of what we were doing and it was healthy for us to patrol the borders that way."

In that sense, casting became critical. While every supporting character resonates, it was Steinfeld (whose breakthrough role in *True Grit* earned her an Oscar nod at just 14 years old) that will surely speak for the adolescent angst of the millennial generation.

"She was somehow able to pull it all off. She's so ridiculously, impossibly funny and then in the next second, she just shatters you she's so heartbreaking and fragile," said Craig, who insists she auditioned 'a thousand girls' before discovering Steinfeld. "If she didn't exist, the movie wouldn't exist."



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# Victim seeks revenge in Verhoeven's Elle



Director Paul Verhoeven and Isabelle Huppert work through a scene in *Elle*, Verhoeven's controversial film about a woman seeking revenge on the man who raped her.

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## INTERVIEW

### Isabelle Huppert stars in film about sexual assault

**Richard Crouse**  
For Metro Canada



To call director Paul Verhoeven provocative is like suggesting the Atlantic Ocean merely contains some water. He's the man who gave us *Saved by the Bell* sweetheart Elizabeth Berkley

licking a stripper's pole in *Showgirls* and the splatterfest of *Starship Troopers*. A cursory glance at any of his films suggests his Taste-O-Meter is permanently set at "garish" but his movies beg for — actually they sit up and demand — more than a cursory look.

His new movie, *Elle*, based on French-Armenian writer Philippe Djian's award-winning 2012 novel *Oh...*, is a complex and corrosive psychological thriller about a woman seeking revenge on the man who raped her.

"Sometimes you are in a Hitchcock thriller," says star

Isabelle Huppert of the film. "Sometimes you are in a psychological study. Sometimes you are in a comedy and at the end of the day you are in none of those; you are in a Paul Verhoeven film."

Verhoeven's originally planned to relocate the story from France to the United States but ran into roadblocks.

"He makes no secret of that," Huppert laughs. "I like that. He was completely clear. He didn't want me. He wanted an American movie star. He didn't get her so finally he came to get me."

The Paris-born actress was a

natural choice to play Michelle. She is a complicated character. As the daughter of a notorious serial killer she has developed a hard shell.

She's blunt to the point of rude with everyone from her future daughter-in-law and ex-husband to her mother and son, who she refers to as "a big lout with nothing special about him."

She's having an affair with her best friend's husband and even deliberately runs into her ex's car then blames the damage on someone else.

"I read the novel first and thought it could potentially be a great film because it is very visual and the character is very interesting," she says. "Then eventually the writer Philippe Djian said he always had me in mind while he was writing the novel. No wonder I immediately felt connected to the role."

*Elle* is a deeply polarizing movie — in Cannes it was equally lauded and condemned — that treads some very delicate territory.

Not that this is a delicate film. The assault is first heard, then seen in increasingly graphic detail as the running time climbs to the closing credits.

The movie has taken some heat because it's a male director making a film about a female reaction to assault. Huppert rejects the criticism.

"He told me very little and let me take the role wherever I wanted," she says of Verhoeven. "That might be so that at the end you don't have to measure the extent of the (male gaze). The role is not a man's fantasy. I don't think so. The way she is halfway between a victim and the usual James Bondish avenger. She is really in an in-between space which I think is, essentially, very, very, feminine. It is the exploration of something in between, which makes the character very interesting."

"That doesn't make the character like it was the product of a man's fantasy. Plus, as an actress, all the way through, I felt completely protected by him. I never felt the smallest sense of danger or being manipulated."

## REVIEW

### War film comes up short

**Peter Howell**  
Torstar News Service

Ang Lee's heart may be in the right place with his Iraq War thumb-sucker Billy Lynn's Long Halftime Walk, but his head is somewhere in the clouds.

In his zeal to make the story more "immersive," so you can practically smell the pathos, Lee shot his film in the high frame rate of 120 frames per second.

Early reviews panned the result as unnervingly unreal, prompting studio Sony/TriStar Pictures to screen it in traditional 24 fps in Toronto theatres, with the exception of Cineplex Yonge-Dundas (Sony relented on a complete 120 fps shutout).

It's also possible that Lee realized that neither he nor screenwriter Jean-Christophe Castelli had pulled much of a movie out of Ben Fountain's acclaimed source novel, necessitating the smokescreen of techno-dazzle.

What's on view here is an updated and slightly less tedious version of Clint Eastwood's *Flags of Our Fathers*, wherein heroically earnest warriors return home from foreign conflict and discover — stop the presses! — that their cherished America is the land of the free, but also the home of the bland.

Title soldier Billy (Joe Alwyn) and his Bravo squadron mates went through hell and back in Iraq, dodging enemy fire while trying to save their loveably gruff leader Shroom (Vin Diesel). But their patriotic tour of football stadiums, doing halftime shows, yields only polite applause that won't echo long in the public mind.

Alwyn is sincerely great as the

conflicted Billy, his Brit tongue nailing the Texas twang as he untangles motivations and emotions with a concerned sister (Kristen Stewart), a Christian cheerleader (Makenzie Leigh), a chiselling capitalist (Steve Martin), a conniving Hollywood agent (Chris Tucker) and a cynical-yet-loyal sergeant (Garrett Hedlund). But defeated idealism alone can't sustain a movie that aspires to greatness.

"Make it about something bigger than yourself," Shroom advised Billy. He wasn't talking about the frame rate.



Joe Alwyn as Billy Lynn in TriStar Pictures' *Billy Lynn's Long Halftime Walk*. CONTRIBUTED

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Lane 8's current tour is dubbed *This Never Happened*.

ADAM SELLERS

# Connecting organically

INTERVIEW

## Daniel 'Lane 8' Goldstein asks fans to power down for shows

**Ben Rayner**  
Torstar News Service

Well, he's never gonna get a track placed in an iPhone ad now, but Denver DJ/producer Daniel 'Lane 8' Goldstein is at least doing his part to stave off humanity's total enslavement by the machines for a few nights.

For Lane 8's current tour, dubbed *This Never Happened*, Goldstein has politely instituted a no-phones policy in hopes that club crowds might reconnect with the business of getting down to his ultrasmooth and melodic taste in faintly tech-y music all night long and forget about snapping selfies and posting unwatchable live videos.

**I love the "This Never Happened" concept. I wish more artists would institute the same policy. What's the thinking behind forbidding phones in the clubs on this tour?**

It all came about as a reaction to what we experienced on my album tour (for *Rise*) last year. Whenever I played one of the more popular singles from the album, like *Hot As You Want* instead of being a huge, uplifting moment in the show, the audience reaction was always pretty flat — because half the crowd was recording on their phones! My team and I just couldn't reconcile our own early clubbing experiences

with what we were seeing in 2015. We really wanted to do something about the problem, to help people connect more organically and intensely with music and with each other. Banning phones seemed like one integral part of the experience we wanted to build.

**Was there a specific incident that catalyzed the idea and made you think: "That's it, I've had enough"?**

I don't think there was one specific incident that stands out in my memory. It's a problem that plagues our entire society. The dance floor isn't the only place where people miss out on real human connection because they're staring at their phone screens. But as a performer and a lover of dance music and live music, I personally feel very strongly that phones don't belong on the dance floor. Being on Instagram in a club misses the entire point of going to a club, in my view.

**What's the reaction been? Have people generally complied with your request?**

The reaction has been incredible. We were, of course, a little nervous that people would hate us for trying to take their phones away (we don't do that) but people have been so accepting and willing to try the concept, and have absolutely loved the experience. It's always nice for me to see groups of friends connecting in the audience in such an intimate way, or people meeting each other and bonding over their common music taste — those are things that were much rarer for me to see before we started *"This Never Happened."*

### DANCE MUSIC

## Kaskade confident EDM isn't waning



Kaskade RICH FURY/INVISION/AP

Grammy-nominated DJ and producer Kaskade has seen the headlines proclaiming the beginning of the end of the electronic dance music craze — but he's not buying it.

"I don't think that at all, obviously. I'm busier than I ever have been and I think, really, we just kind of scratched the surface," he said in a recent interview. "As far as the impact that it's had on the music culture, we're kind of just beginning still."

ning still."

As proof, Kaskade — whose real name is Ryan Raddon — pointed to his groundbreaking show at the Los Angeles Convention Center in May. He became the first dance music headliner to perform in the venue, which drew more than 20,000 fans.

"There's a lot of naysayers out there who are like, 'It's done. It's happened.' Whatever. I'm like, '25,000 tickets later, I think we're OK,'" he said while brush-

ing imaginary dust from his shoulder.

In the last seven years, electronic dance acts like David Guetta, Calvin Harris and Skrillex have dominated pop radio, collaborated with A-list singers and sold out stadiums and arenas like modern rock stars. Kaskade plans to take EDM to more heights with a new multivenue partnership with Hakkasan Group in Las Vegas.

THE ASSOCIATED PRESS

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The Pemberton Ice Cap is the southernmost of five giant icefields in B.C. and a short helicopter ride from Whistler. HEADLINE MOUNTAIN HOLIDAYS PHOTOS

### BRITISH COLUMBIA

## Fantastical frozen shapes create scenery in glacial caves

**Jennifer Allford**  
For Torstar News Service

We walk into the ice cave — fingers skimming the frozen wall, boots and hiking pole picking over boulders and a little river rushing alongside. Before we go too far into the cavern of blue, we pause, take off our gloves and turn on our headlamps.

We're walking underneath part of the Pemberton Icecap, the southernmost of five giant icefields in B.C., about 1,300

metres up and a 20-minute helicopter ride from Whistler.

The caves, tunnels really, are formed every year by water melting along the bed of the glacier. As we walk through the ice, drops of water fall on your face and little chunks of ice — just enough for a gin and tonic — bounce off your shoulder.

"I like to hang out in the blue," says Doug Washer with a grin as bright as the headlamp on his helmet. "It's my happy place."

As head of Head-Line Mountain Holidays, Washer helps bring hundreds of visitors to the icecap every year to hike the caves, go snowmobiling or, in some cases, hold a wedding. We pick our way over the slippery rocks and Washer points out a moulin, a skylight in the tunnel that lets the sun stream in, show-

ing off fantastical frozen shapes and about a million shades of blue in the ice. He warns us not to touch a giant sculpture of ice that descends from the top of the tunnel, technically an icicle, but he encourages us to get up close to the walls of the cave to see air bubbles and bits of sand trapped in the ice.

Washer has been leading backcountry tours for about 30 years and he clearly delights in showing the wonders waiting in the caves.

"I get more joy taking people on this trip than any other thing I've ever done," he says.

Eager to learn more about the ice, Washer is working with glaciologist Gwenn Flowers from Simon Fraser University to better understand how the icecap is changing.

"Ice itself flows, it turns over

### IF YOU GO

#### Find out more

Head-Line Mountain Holidays has a Heli Ice Cave Explore package that starts at \$1,395 per person, based on four people. The guided adventure starts with a helicopter ride from Whistler and takes about four hours.

with time," Flowers says from her office in Vancouver. "The ice starts as snow and becomes incorporated into the glacier, flows through and eventually melts out somewhere else."

The ice cave we're in came from somewhere upstream and she estimates it's likely been around for decades, maybe centuries.

We emerge from the cave and walk up through rocks artfully arranged by ice and time. We turn off our headlamps and head back to the helicopters that are parked on top of the ice caves.

Washer leads the way, probing the ice with a pole to ensure we aren't walking over a crevasse. We snake our way back single file, smelling the barbecue and, when we get there, we strip off a few layers to enjoy grilled skewers of meat and shrimp in the sun.

As we eat, Washer tells us about the worms that live in the ice and the upside-down necklace shape of the arches we walked through. "It's the strongest shape in the world," he says.

As we sit atop a retreating icecap, the talk turns, inevitably, to climate change.

"We are part of the problem

but I like to ask the question, 'How do I be part of the solution,'" says Washer of the research project with Flowers. "Literally, each and every time we are flying out here, we are photographing, we are measuring, we are assessing, we are recording what's going on," he says.

Engrossed in conversation, we don't notice the clouds coming in. But the pilots do. It's time to go.

As we take off, looking down at the deep lines of blue that run through the ice, we can't help but wonder about the rivers flowing, ice sculptures forming and worms that are moving underneath.

*Jennifer Allford was hosted by Tourism Whistler and its partners, none of which reviewed or approved this story.*

### TRAVEL NOTES HOLIDAY DRONES, OLYMPIC SURFING AND PRINCESS DI'S STYLE

#### Disney World using 300 drones in new holiday light show

Walt Disney World is using 300 drones in a new Christmas light show. A dress rehearsal was held Wednesday night, but Disney has not announced dates for the show. The Orlando Sentinel reports it is believed to be the first time drones will be used in a performance of this magnitude in the U.S. Disney is collaborating with Intel on the project. The show will take place at Disney Springs.

THE ASSOCIATED PRESS



GETTY IMAGES

#### Hawaii to use Olympic surfing to attract tourists

Hawaii is trying to bring in more tourists by taking advantage of surfing's elevation to Olympic sport status. Surfing will be an official sport in the 2020 Olympic games in Tokyo. The Hawaii Tourism Authority usually spends most of its \$9.1 million U.S. sports budget on land-based events, but will start to focus on surfing and water sports as the games approach.

THE ASSOCIATED PRESS



ISTOCK

#### New exhibition celebrates the style of Princess Diana

Kensington Palace in London says a new exhibition tracing the evolution of the late Princess Diana's style is set to open in February. The palace said Tuesday that the exhibition, Diana: Her Fashion Story is the first palace exhibition in a decade to focus solely on the princess. It will include Victor Edelstein's ink blue velvet gown, which Diana wore as she danced with John Travolta at the White House in 1985.

THE ASSOCIATED PRESS



THE ASSOCIATED PRESS FILE



# Where to soak in Berlin's zeitgeist

Europe's haven for free spirits has been an expat destination for decades, a place where young artists, techies and intellectuals mix. Techno and Club-Mate caffeinated soft drinks aside, here are a few cool things to check out when visiting Berlin. **GRACE LISA SCOTT/FOR TORSTAR NEWS SERVICE**



## Industrial wear

Nestled in an old-world courtyard in Kreuzberg, **VooStore** offers design-conscious fashion and oddities. A former locksmith shop, it maintains an industrial feel in an open, loft-like space. Higher-end labels, streetwear and shoes are artfully on display near gadgets, candles and a variety of literature. There's also an adjacent café, **Companion Coffee**, if you feel like soaking in the vibe a little longer.



## Sip and stroll

The southwest neighbourhood of **Neukölln**, once predominately a borough inhabited by Arab, Turkish and African immigrants, has begun replacing neighbourhoods such as Kreuzberg as the destination for Berlin's young creatives. Cafés, campy bars and vintage stores mix with Turkish sweet shops. There's plenty of venues to check out, but why not grab a bottle of **Augustiner** for \$1.80 at a corner store and stroll down the picturesque canal.



## Wanna be educated

One German man's obsession with some of the originators of punk led to the **Ramones Museum** in Berlin's Mitte neighbourhood. For €6 (\$8.75 Canadian) you can tour the memorabilia collected by Flo Hayler from the band's 30-year career. This place is a labour of love and fandom, full of gig flyers, set lists, and even a pair of Johnny Ramones' jeans. Price includes a beer and button.



## Veggie garden

**Kanaan** is the joint creation of Palestinian chef Jalil Dabit and Israeli businessman Oz Ben David. Kanaan is, in their words, "Love served on a plate." And hummus lovers of the world rejoice: this vegetarian restaurant in Prenzlauer Berg really delivers deliciousness in the tradition of Dabit and David's native region. Fresh, organic and locally grown are the focuses here and seating is predominately outdoors in a cute garden patio.



## Bathhouse turned boutique

Also in the urban borough of Prenzlauer Berg is this impressive building that had been the site of the Oderberger baths, a turn-of-the-century bathhouse that operated until 1986. After extensive renovations, the site reopened this year as the **Hotel Oderberger Berlin**. The rooms here are warm and spacious, featuring oak-plank flooring and the indoor swimming hall has been restored.

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## SWIMMING

## Canada's elite in the pool turning to wearable tech

Wearable technology designed to help Penny Oleksiak swim even faster was unveiled Thursday at an Own The Podium sport science and technology summit in Calgary.

It looks similar to a Garmin or Fitbit worn on the wrist, but a lot more data is extrapolated, crunched and analyzed from the accelerometer within it.

"Swimlytics is what we call the system because it's about swimmers, it's about swimming and it's data analytics," said Dr. John Barden, a University of Regina associate professor in kinesiology and creator of the technology.

"We're taking data from the sensor, sending it to a server and we're doing more processing, more analysis of that data

outside the sensor itself."

The technology wasn't far enough along for Canada's swim team to make use of it prior to the Summer Games in Rio in August.

Canadian women still produced six medals in the pool. Oleksiak, a 16-year-old from Toronto, won freestyle gold, butterfly silver and swam the anchor legs for a pair of relay bronze.

"Swimming Canada is fully engaged in this project," Own The Podium chief executive officer Anne Merklinger said. "It will be a game-changer for swimming."

"What this helps coaches gather is data. The more data we can give them that is valuable and practical really helps athletes eventually get on the podium."

University of Calgary swimmers Rob Hill of North Vancouver, B.C., and Peter Brothers of Victoria wore the sensors in a workout Thursday.

Barden then took the sensors to a conference room to demonstrate data analysis.

Hill has already worn the



**University of Calgary swimmer Rob Hill believes the sensor has helped make him faster.**

JEFF MCINTOSH/THE CANADIAN PRESS

sensor half a dozen times in the pool. Data analysis tells him how to make his stroke more powerful and efficient and also when his stroke breaks down during a hard set or session in the pool.

He believes the information has made him faster.

"I'd like to think so. I'd like

to think stroke correction is a big deal," Hill said.

Early incarnations of the technology had swimmers wearing several sensors on their bodies. Barden knew the device had to become streamlined and lightweight or the swimmers wouldn't want to wear it.

"It's pretty minimal," Broth-

ers observed. "I don't notice the weight of it or it dragging through the water."

The 20-year-old still wasn't convinced he would wear it "every single metre of every single day, but integrating it into workouts would not be a bad thing if we can learn a lot from it." THE CANADIAN PRESS

MLB

# Bryant, Trout named MVPs

Chicago Cubs slugger Kris Bryant has been voted NL MVP, and Los Angeles Angels centre-fielder Mike Trout is the AL winner for the second time in three years.

Bryant hit .292 with 39 homers and 102 RBIs in just his second year in the majors, helping the Cubs to their first World Series title since 1908. He becomes just the sixth player to win rookie of the year and MVP in one or consecutive seasons.

Bryant received 29 first-place votes, and Washington second baseman Daniel Murphy was the runner-up.

While the Angels finished fourth in the AL West, Trout was his usual brilliant self. He batted .315 with 29 homers, 100 RBIs and 30 steals. He scored 17 per cent of Los Angeles' runs, the highest percentage for an AL player since Rickey Henderson with the 1985 New York Yankees.

Trout received 19 of 30 first-place votes. Boston right-fielder Mookie Betts was second.

AL batting champion Jose Altuve of Houston was third, and Toronto's Josh Donaldson, who won the award in 2015, placed fourth. Edwin Encarnacion was 14th. THE ASSOCIATED PRESS

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| 3 | 8 | 6 | 9 | 7 | 1 | 2 | 4 | 5 |
| 7 | 9 | 1 | 4 | 6 | 2 | 5 | 8 | 3 |
| 2 | 6 | 3 | 1 | 8 | 5 | 7 | 9 | 4 |
| 5 | 4 | 8 | 7 | 9 | 3 | 1 | 6 | 2 |
| 8 | 3 | 7 | 6 | 2 | 9 | 4 | 5 | 1 |
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# Break weakens England's elite

## PREMIER LEAGUE

### Costly injuries for Mourinho, Wenger ahead of their face off

The final round of the international break fixtures in 2016 did no favours for managers of some of the English Premier League's title hopefuls. Jose Mourinho and Arsene Wenger, in particular, will vouch for that ahead of the renewal of their often-heated coaching rivalry.

When Mourinho's Manchester United and Wenger's Arsenal meet at Old Trafford on Saturday for the standout game in the 12th round of matches, there could be some major names missing because of injuries sustained on

international duty.

United captain Wayne Rooney has caused a furor by being photographed, looking bleary-eyed, alongside some guests at a wedding party taking place at the England team hotel on Saturday. But by then, he'd picked up a knee injury during England's 3-0 win over Scotland the night before, causing him to miss Tuesday's match against Spain, and Rooney is now doubtful for the Arsenal game.

It was the last thing Mourinho would have wanted, considering he is already without suspended striker Zlatan Ibrahimovic and centre backs Eric Bailly and Chris Smalling, as well as having serious doubts over the fitness of midfielder Marouane Fellaini and full backs Luke Shaw and Antonio Valencia.

Wenger, meanwhile, will ask Alexis Sanchez for an honest assessment of his fitness after Arsenal's star forward sustained a hamstring injury while away with Chile. Sanchez missed a draw against Colombia but returned for the 3-1 win over Uruguay on Tuesday, although his right leg was heavily braced.

Sanchez isn't due to return to Arsenal's training base until



Arsenal forward Alexis Sanchez scored a pair of goals in Chile's 3-1 win over Uruguay in World Cup qualifying in Santiago on Tuesday. MARCELO HERNANDEZ/AFP/GETTY IMAGES

Friday and the match against United is a lunchtime kickoff on Saturday.

"What I will consider is the risk of injury because he played while recovering from a hamstring injury," Wenger said on Thursday. "I'll consider the way he feels as well. On that front you depend on the honesty of the player, how they feel and

how they recover."

Wenger will be careful about overloading Sanchez, who has scored eight goals for Arsenal this season. This time last year, Sanchez picked up a hamstring injury following a grueling run of back-to-back games for club and country and ended up missing the next two months, which was huge blow to Arsenal's title

hopes.

Arsenal plays Paris Saint-Germain in a big Champions League game on Wednesday, too. Liverpool and Chelsea, the Premier League's top two, could also be short-handed.

Adam Lallana, one of Liverpool's quartet of sprightly forwards that has been in devastating form this season, hobbled off

## + FIXTURE LIST

### SATURDAY

- Man United-Arsenal
- Crys. Palace-Man City
- Everton-Swansea
- Southampton-Liverpool
- Stoke-Bournemouth
- Sunderland-Hull City
- Watford-Leicester
- Tottenham-West Ham

### SUNDAY

- Middlesbrough-Chelsea

### MONDAY

- West Bromwich-Burnley

during England's game against Spain and is a doubt for the leaders' trip to Southampton.

As for second-place Chelsea, Diego Costa was ruled out of both of Spain's games during the break because of groin injury and Eden Hazard limped off during Belgium's 8-1 win over Estonia with an apparent calf injury. It isn't yet clear if either Costa or Hazard — the scorers of 15 league goals between them — will be fit for the Chelsea's match at Middlesbrough.

THE ASSOCIATED PRESS

## \$700M

The English Premier League has reportedly sold its TV rights in China for \$700 million in its biggest-ever overseas sale.

## IN BRIEF

### Van der Merwe to captain Canada against Romania

Winger DTH van der Merwe will captain Canada for the first time in Saturday's rugby test match against Romania in Bucharest.

He takes over from No. 8 Aaron Carpenter, who broke his arm in Canada's 52-21 loss to fifth-ranked Ireland last Saturday in Dublin. THE CANADIAN PRESS

### Reports say Gerrard is headed into management

Liverpool captain Steven Gerrard could be heading for his first managerial job.

British media reports say English third-tier side Milton Keynes Dons has held talks with former England captain Gerrard over its managerial vacancy. THE ASSOCIATED PRESS

### Rookies lead Aussie Open

Former top-ranked American Jordan Spieth yielded the spotlight in Thursday's first round of the Australian Open to a pair of rising local stars: U.S. amateur champion Curtis Luck and rookie professional Lucas Herbert.

Herbert and Luck both shot 5-under 67 to lead the tournament by a shot.

THE ASSOCIATED PRESS

## NHL

### Lightning living in Stamkos-less reality

Given the choice, defenceman Victor Hedman and the Tampa Bay Lightning would prefer not being thrust into the position of having to once again prove they're capable at succeeding without captain Steven Stamkos.

The only real consolation is knowing the Lightning have done it before.

"You live in this reality now, and we've just got to have to face it," Hedman said, Thursday. "It'll be a good test for us. But at the same time, we know we can handle it, and we know we can win hockey games even though we're going to miss him."

Hedman spoke before the Lightning played at Buffalo, and a day after the team announced Stamkos was out indefinitely with a torn ligament in his right knee. Stamkos was hurt in the first period of a 4-3 win at Detroit on Tuesday.

Later on Thursday, the Lightning announced Stamkos had surgery and was expected to miss four months as coach Jon Cooper had suggested might be the timetable earlier in the day.

"If we put ourselves in a position to make the playoffs, he's going go to be back," Cooper said. "And that'll be better than



Steven Stamkos GETTY IMAGES

any trade deadline acquisition than anybody else is going to get."

The challenge now is for the Lightning to make the post-season without the two-time NHL scoring champion and the team's on- and off-ice leader.

"You've got to take your head out of the sand, dig your heels in and march on," Cooper said. "And unfortunately, this has happened to us before and the guys have found a way."

The injury is the latest recent setback for the 2008 No. 1 draft pick who signed an eight-year, \$68 million contract last June to remain in Tampa Bay rather than test free agency

THE ASSOCIATED PRESS



Ben Bishop stopped 32 shots and the Lightning topped the Sabres 4-1 in Tampa Bay's first game without Steven Stamkos in Buffalo on Thursday night. JEFFREY T. BARNES/THE ASSOCIATED PRESS

## UFC

### Johnson, McGregor top ranks

Irish MMA phenom Conor McGregor, who added the UFC lightweight title to his featherweight championship on the weekend, has moved up to No. 2 in the UFC's pound-for-pound rankings.

McGregor, who trails only flyweight title-holder Demetrious (Mighty Mouse) Johnson in the rankings, jumped two spots in voting by a media panel.

In moving up, he knocked bantamweight champion Dominick Cruz and light-heavyweight title-holder Daniel Cormier to No. 3 and 4, respectively. McGregor (21-3-0) defeated Eddie Alvarez at UFC 205 to become the first double title holder in two weight divisions. Strawweight champion Joanna Jedrzejczyk is the highest ranked woman in seventh.

THE CANADIAN PRESS



Conor McGregor GETTY IMAGES



## RECIPE Grilled Ham, Apple and Cheese Sandwich



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

Is there any better sandwich than one grilled to perfection, especially when it mixes salty ham with the sweetness of crisp apples?

### Ready in 15 minutes

Prep time: 5 minutes  
Cook time: 10 minutes  
Serves 2

### Ingredients

- 4 pieces wholegrain bread
- 2 Tbsp butter, softened
- 4 slices ham
- 1 cup cheddar, grated
- 1/2 Granny Smith apple, thinly sliced
- 1 Tbsp mayonnaise
- 1 Tbsp yogurt
- 1 tsp Dijon mustard

### Directions

**1.** Mix mayo, yogurt and mustard in a small bowl.

**2.** Warm large skillet over medium heat. Place two pieces of bread butter side down in the pan. Spread mayo mix across the two slices of bread. Divide grated cheese in half and sprinkle it over the bread.

**3.** Lay two slices of ham onto each piece of bread. Add layer of apple slices. Top with the other pieces of bread, butter side out.

**4.** Flip when bottom slice looks crisp and golden, about 5 minutes. Cook another 3 to 5 minutes, till cheese is melted and bread is golden brown, then remove to a cutting board, slice and serve.

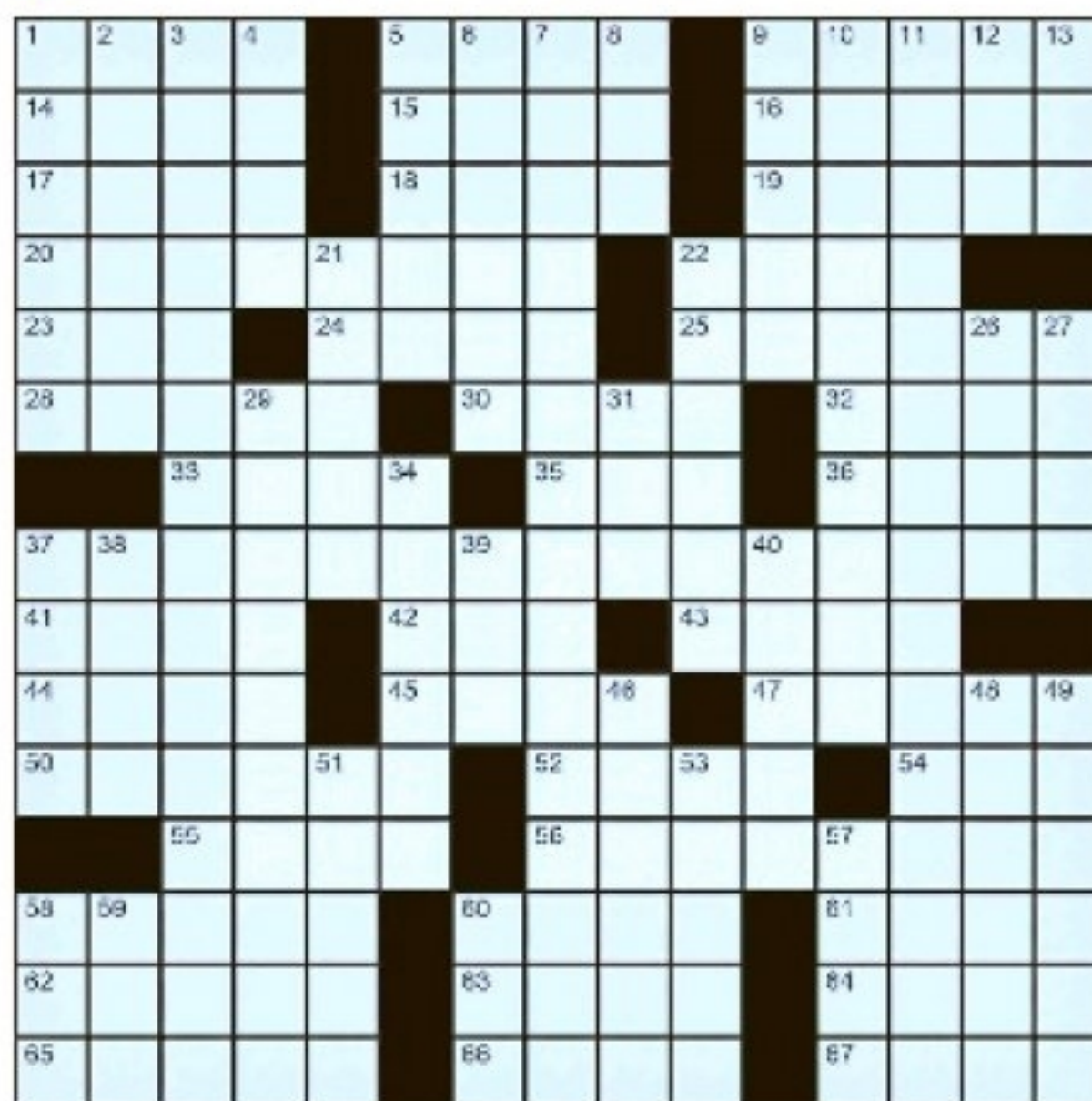
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## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

- Secret-passer's sound
- Li'l force on FOX's "Lethal Weapon"
- British songstress Beth
- Sgt. Snorkel's comical dog
- "...friend or \_?"
- Strainer
- Ms. Tilly's
- "Assuming that's true...": 2 wds.
- Nero's 254
- Publicist's media packet: 2 wds.
- Montreal-born humourist Mort
- War on Poverty agcy. created by US President Johnson
- Recreation spot, in Quebec
- Readies
- \_ Code
- Volcanic crater
- Outperform
- Outfit
- TV brand
- Alternative magazine, \_ Reader
- Gusto TV series showcasing Canada's diverse cuisine: 3 wds.
- Majority
- Lenore poet's monogram
- Memo
- Curve
- Actress Ms. Summer
- Dock's dockees
- Enthusiastic: 2 wds.
- "Full Metal Jacket" (1987) actor, \_ Erney



- US gun gr.
- August: French
- Family name of Princesses Beatrice and Eugenie's mother Sarah
- 'The Hare' constellation
- Saint Petersburg's river

- Loretta of "M\*A\*S\*H"
- Keels parts
- "Law & Order: SVU" actor
- "\_!\_ bug!"
- New \_ India
- \_ time (Never)
- Historic times

### DOWN

- Toque topper
- "Connected" by \_ MC's
- Place of worship in England at Windsor Castle where Prince Charles and Camilla received the blessing of their 2005 wedding

- union: 3 wds.
- Throw out
- Arcade Fire's "Neighborhood #2 (\_)"
- Ratify
- Like the scenic imagery of a tourist spot such as Peggys Cove: 2 wds.
- God willing, \_

- Acting honour
- Historic town in eastern New Brunswick located on the river sharing its name
- "I give up on this riddle already!": 4 wds.
- "Egg"-meaning prefix
- Reno, \_
- "Dum spiro, \_" = "While I breathe, I hope"
- Twisted ankle injury
- Feudal labourer
- British WWII sub-machine gun
- Wasn't taken in by the hoax: 2 wds.
- "Yikes!"
- German playwright Bertolt
- Mr. Epps
- Ms. Ephron
- Roman myth household deity
- "Ain't Too Proud \_ \_" by The Temptations
- "Ocean's \_" (2001)
- Three-horsed Russian carriage
- Mr. Claus'
- Also: French
- One of Thalia's mythological sisters
- One being conned
- '60s hallucinogen
- \_ out a living
- Ms. Peeples

## \* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
Be careful not to fall for smarmy rhetoric or fast-talking words that sell you an idea. Today, discussions about religion, politics and racial matters are deceptive. Think for yourself.

**Taurus** April 21 - May 21  
This is a poor day for important financial decisions, especially about inheritances and shared property. That's because your thinking is hazy.

**Gemini** May 22 - June 21  
Discussions with others might be confusing. Be very clear in everything you have to say today. Likewise, make sure you understand others.

**Cancer** June 22 - July 23  
Someone might appeal to your sense of sympathy at work today. Perhaps this is genuine; perhaps it is not. It's good to be helpful — on the other hand, don't be conned.

**Leo** July 24 - Aug. 23  
You might be disappointed by romance today. Or a social occasion might leave you wanting more. Perhaps you expected something different? Unexpressed expectations almost always lead to disappointment.

**Virgo** Aug. 24 - Sept. 23  
Family discussions are confusing today; be aware of this. Listen to others but wait until tomorrow to agree to anything important.

**Libra** Sept. 24 - Oct. 23  
Be careful when doing home repairs today because you might not have all the facts. Something will confuse you. It is better to postpone acting until tomorrow, which is a clear day (mentally speaking).

**Scorpio** Oct. 24 - Nov. 22  
This is not a good day for important financial decisions, because you might be deceived or you might have incorrect information. Furthermore, wishing doesn't make it so.

**Sagittarius** Nov. 23 - Dec. 21  
Today it's as if you have Vaseline on your lens. You might see someone or something as being better than it is — or even worse than it is. It's hard to say.

**Capricorn** Dec. 22 - Jan. 20  
Secrets might come out today. If so, don't be quick to believe them. Don't believe everything you hear. Test the facts for yourself.

**Aquarius** Jan. 21 - Feb. 19  
Today a friend might try to convince you of something or you might feel pressured by a group. In either case, do not respond. Wait until tomorrow so you'll know what's really happening.

**Pisces** Feb. 20 - March 20  
Conversations with authority figures are confusing today, which is why you should not act on an important decision. Make sure you know what you need to know.

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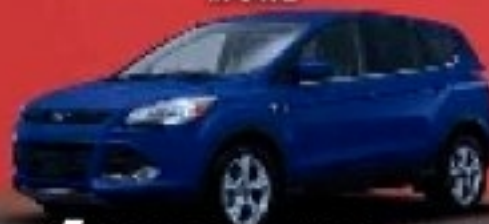
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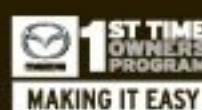


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\$1000 OFF IS AN AFTER SALE TAX. LOYALTY REBATE FOR NEW IN STOCK 2016/2017 MAZDA6 OR 2016 CX-3. 2016 MAZDA3, MAZDA5, MX5, CX5, CX9 AND 2017 MX5, CX3 RECEIVE \$500 AFTER SALE TAX CONQUEST/LOYALTY REBATE. PRICES EXCLUDE GST AND ARE NET OF MANUFACTURER CASH REBATE IN LIEU OF SUBRENTED FINANCE RATES. NO PAYMENT FOR 90 DAYS OAC. \$5000 CASH REBATE APPLIES TO 2016 MAZDA5. LOYALTY PROGRAM \$1000 IS AN AFTER TAX REBATE ON NEW STOCK 2016/2017 MX5 AND CX9. SEE DEALER FOR DETAILS. OFFER ENDS NOV 30/16.





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STK#H770200

**\$131<sub>BW</sub> NOW \$21,288**

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STK#H558110

WAS \$32,337

**\$189<sub>BW</sub> NOW \$30,888**

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STK#G524624

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WINTER  
TIRES**

**\$157<sub>BW</sub> WAS \$28,836 NOW \$25,488**

**2016 TOYOTA VENZA  
AWD**



STK#G078063

WAS \$34,942

**\$183<sub>BW</sub> NOW \$29,588**

**2016 TOYOTA HIGHLANDER  
LE AWD**



STK#G319182

WAS \$38,921

**\$225<sub>BW</sub> NOW \$36,488**

**2016 TOYOTA 4RUNNER  
SR5 UPG**

LEATHER,  
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MOONROOF



STK#G378975

WAS \$47,424

**\$227<sub>BW</sub> NOW \$44,888**

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